



STATE OF CONNECTICUT
DEPARTMENT OF EMERGENCY SERVICES AND PUBLIC PROTECTION
Police Officer Standards and Training Council
Connecticut Police Academy

TO: Connecticut Chiefs of Police
Connecticut Police Training Officers
Connecticut State Police Resident Troopers
Connecticut State Police Training Academy

FROM: Brian S. Enns
Field Services Training Division

DATE: February 23, 2022

SUBJECT: **POSTC Physical Fitness Assessment Battery Examiner – Cooper Testing**

TUITION: No Tuition

COURSE ANNOUNCEMENT

The Department of Emergency Services and Public Protection, Police Officer Standards and Training Council's Field Services Training Division is offering a half day training seminar on "Physical Fitness Assessment Battery Examiner – Cooper Testing" on **Friday, March 25, 2022**.

The training will take place at the Connecticut Police Academy, 285 Preston Avenue, Meriden, CT from 8:30 a.m. to 12:00 p.m. The seminar will be presented by Geoffrey Anderson and James Nemphos, both Connecticut Police Academy Instructors.

The course will train law enforcement personnel to administer the POST Council's fitness test (commonly referred to as the "Cooper test") at both the 40% and 50% levels and will allow officers who successfully complete the training to administer, oversee, sign and endorse the fitness test qualification paperwork for POSTC.

The course will address the following subject areas:

- The 4-component physical fitness entry test.
- The proper way to explain the test to trainees.
- How to evaluate trainees prior-to and during testing.
- How to handle all failures and all re-testing issues.
- Paperwork required for testing and all record-keeping issues.

For this course, business casual attire is appropriate.

The class is limited to thirty (30) attendees. Please complete a registration form from the web and fax it to (203) 238-6119 or email it to Brian Enns at Brian.Enns@ct.gov **no later than March 11, 2022**. If you have any questions, please contact the Field Services Division at 203-427-2626.

Students successfully completing the course will receive Review Training Credit in the following areas:

- Area 300 Practical Police Skills (3.5 hours)

DISCLAIMER: The Police Officer Standards and Training Council (POSTC) makes every effort, within its ability and resources, to provide the highest quality, most relevant in-service training programs available at minimum cost to all Connecticut police officers and agencies. However, POSTC does not provide legal advice, and does not endorse the accuracy or completeness of specific in-service training programs provided by each of its many contractors and training providers. The materials and opinions of individual providers offered during the course of in-service training are those of the instructor alone, and do not necessarily represent the position of the Police Officer Standards and Training Council or the State of Connecticut. Given the multitude of disparate factual scenarios with which law enforcement personnel are presented in the discharge of their official duties, students and sponsoring agencies are strongly advised and encouraged to seek the advice and counsel of their own legal advisors before implementing concepts or adopting specific measures discussed or recommended during in-service training sessions.

Training on the Web: www.ct.gov/POST

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